



OHK Senior Meal Program is funded, in part, by the Alameda County Area on Aging and the City of Pleasanton		<div></div> <div><h2>Sage Café-January 2016</h2><p>A partnership between the City of Pleasanton and Open Heart Kitchen</p></div>			Pleasanton Senior Center 5353 Sunol Blvd. Pleasanton, CA 94566				
Vitamin A Source *, Vitamin C Source +, High Salt #, Spicy @		Lunch served from 11:45 to 1:00, Monday thru Friday. Salad bar, Fruit juice, Whole Grain Breads, butter pat & 1% milk served daily Salad Bar selection available daily: lettuce, spinach +, bell peppers +, carrots *, beets, tomatoes +, kidney beans, celery, olives, cucumbers and mushrooms.			FOR RESERVATIONS CALL: (925) 931-5365				
SUGGESTED DONATION - \$3.00									
Monday: Chef's Choice		Tuesday: Bean of the Day		Wednesday: Chef's Choice		Thursday: Chef's Choice		Friday: Chef's Choice	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								JAN 1st	
TO GO POLICY CHANGE If you arrive for lunch after 12:45pm, your meal will be prepared To Go. Soup is not included.								SENIOR CENTER CLOSED NEW YEAR'S DAY	
JAN 4th		JAN 5th		JAN 6th		JAN 7th		JAN 8th	
SENIOR CENTER CLOSED FOR MAINTENANCE JANUARY 4th - 8th									
JAN 11th		JAN 12th		JAN 13th		JAN 14th		JAN 15th	
VIP LUNCHEON Black Bean Chili over Enriched Rice, Cheesy Corn Bread, Herb Roasted Tomatoes, Salad Bar*+, Cookie		Cheeseburger on a Whole Wheat Bun w/ Lettuce and Tomato Slice, Coleslaw, Salad Bar*+, Peach Slices		Herb Roasted Chicken, Red Potatoes, Peas, Salad Bar*+, Jell-O w/ Fruit		Beef Kebobs w/ Onion, Red Bell Pepper, and Pineapple Chunks, Ginger Rice, Salad Bar*+, Pear Slices		Apple Glazed Pork Tenderloin, Mushroom Risotto, Seasonal Vegetables, Salad Bar*+, Melon Cup	
JAN 18th		JAN 19th		JAN 20th		JAN 21st		JAN 22nd	
SENIOR CENTER CLOSED MARTIN LUTHER KING DAY		Lemon Pepper Chicken w/ Rice Pilaf, Seasonal Mixed Veggies, Salad Bar*+, Seasonal Fresh Fruit		Asian Beef and Noodles (w/ Green Onion, Cabbage and Carrots), Salad Bar*+, Rice Pudding w/ Bananas		Baked Italian Chicken Dinner (w/ Potatoes and Broccoli), Cheesy Rolls, Salad Bar*+, Sliced Pears		Beef Pot Pie (w/ Mixed Vegetables), Rolls, Salad Bar*+, Berry Pie w/ Ice-Cream	
JAN 25th		JAN 26th		JAN 27th		JAN 28th		JAN 29th	
VIP LUNCHEON Honey Ginger Chicken, Baked Potato, Steamed Seasonal Vegetables, Salad Bar*+, Baked Cinnamon Apples w/ Whipped Cream		Soft Pork Tacos w/Black Beans, Corn and Red Bell Peppers and Onions, Salad Bar*+, Sliced Pears		Roast Beef w/Gravy, Mashed Potatoes, Coined Carrots, Salad Bar*+, Jell-O w/ Fruit		Ham and Cabbage Stew w/ Potatoes and Carrots, Cucumber Salad, Corn Bread, Salad Bar*+, Fruit Cup		Swedish Meatballs w/ Mashed Potatoes, Sautéed Mixed Vegetables, Salad Bar*+, Assorted Cakes BIRTHDAY CELEBRATION	